

# Webinar: The What, Why and How of Smart Snacks

May 16, 2019



Follow along with the webinar using this worksheet.

1. The USDA Final Rule sets guidelines for all **competitive foods** sold on the **school campus** during the **school day** outside of the reimbursable meal.
2. USDA defines the school day as the period from the midnight before to **30 minutes** after the end of the official school day.
3. A local food truck comes to sell food to high school students during lunch. The foods served do not meet the Smart Snacks standards. Is this allowable under the Smart Snacks in Schools Rule?  
Yes ☐ No ☒
4. A vending machine is located in the hallway. The snacks in the machine are not Smart Snack compliant, but they are turned off during lunch service. Is this allowable under the Smart Snacks in Schools Rule? Yes ☐ No ☒
5. Fill in the chart for the Smart Snacks nutrient standards.

	Snack	Entrée
Calories	≤ 200	≤ 350
Total Fat	≤ 35% of calories	≤ 35% of calories
Saturated Fat	≤ 10% of calories	≤ 10% of calories
Trans Fat	0 g	0 g
Sodium	≤ 200 mg	≤ 480 mg
Sugar	≤ 35% by <b>weight</b>	≤ 35% by <b>weight</b>

6. What is the size limit for a low-calorie sports beverage for grades 6-8?
  - a. 8 fl oz
  - b. 12 fl oz
  - c. 20 fl oz
  - d. Low calorie sports beverages are not allowable for grades 6-8**

7. 27 percent of calories in children's diets come from snacks.
8. Most snacking calories are consumed in the form of \_\_\_\_\_.  
a. Sweetened beverages  
b. Desserts  
c. Salty snacks  
d. Juice and fruit
9. How do the Smart Snacks in Schools requirements align to the Dietary Guidelines for Americans? The Dietary Guidelines for Americans recommend limiting calories from sugar and saturated fat and reducing sodium intake. The Smart Snacks standards limit these nutrients.
10. Fill in the chart with the most common sources of saturated fat, added sugars and sodium in American diets.

	Most Common Sources
Saturated Fat	Mixed dishes, snacks and sweets
Added Sugars	Cookies, sports drinks, cakes and sodas
Sodium	Protein foods, mixed dishes, snacks and sweets

11. The American Heart Association recommends children consume no more than 25 grams of added sugar daily.
12. List three other possible names for "sugar" on an ingredients list.  
Examples: Brown Sugar, corn sweetener, corn syrup, fruit juice concentrates, high fructose corn syrup, honey, invert Sugar, malt sugar, molasses, raw sugar, sugar, syrup, chemicals ending in "ose" (dextrose, fructose, glucose, lactose, maltose, sucrose)
13. True or false: Fundraisers that sell food on campus during the school day must meet the Smart Snacks standards.
14. Arizona Nutrition Standards establishes guidelines for all foods served and sold to students in grades K-8.